

Chronic Condition Self-Management Programs

What is a Chronic Condition?

A chronic condition or illness is one that people live with for more than 6 months. Such conditions may cause you to lose physical conditioning and experience problems over a long period of time. Some examples are diabetes, heart and lung disease and arthritis.

Why self manage?

Managing symptoms is a healthy way to live with a chronic condition.

Chronic Condition Self-management Support Programs help you to learn how to manage these symptoms yourself – self management strategies.

Many people with chronic conditions suffer fatigue and loss of energy. Some experience pain while others have breathing difficulties. Sleeping problems and depression are common, as are concerns about the future. Although there are many conditions, the problems and the symptoms associated with each are often similar.

Who is it for?

It is for any person who has one or more chronic conditions. You can be younger, older, male or female. A friend, carer or relative is welcome to attend with you. They, too, will benefit from the course and gain skills relating to managing chronic illness.

What is offered?

- Initial assessment by a Health Professional to discuss your individual needs
- Following this you may attend an individual self-management program and/or
- The Moving Towards Wellness Self-Management Program, a group which runs for two and a half hours, once a week for six weeks, at selected providers.

You will learn how to:

Manage your symptoms

Lessen your frustration

Reduce anxiety

Communicate effectively

Fight fatigue

Get more out of life!

What cost?

There is no cost to you for this service.

Questions?

For further information about the CDCP please contact the CDCP liaison team, ph: 0434 079 205 or 8201 7814